



### **The Challenge- Week 2**

Welcome to Week 2 of the 10 in 10 Challenge. You are no doubt enjoying the benefits of a healthier lifestyle already. For those just joining the 10 in 10 Challenge, please know that it is never too late to join the Challenge, which began on January 15th and runs through March 25th, and encourage those who could benefit from it to commit to losing 10 pounds in 10 weeks. Anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy changes, so think of a friend who you could encourage to join you. Each week through March 25, you will receive a physical activity and nutrition assignment geared at promoting 1 pound of weight loss. The weekly challenges, being prepared with the assistance of a trainer and a nutritionist, will incorporate one suggestion for a change in diet (250 fewer calories a day) and another for increased physical activity (burning 250 additional calories a day). Keep reading to find this week's nutrition and physical activity challenge and get started today!



### **Weekly Nutrition Challenge #2**

**Snack smart - Do a “hunger check” before eating a snack. Are you truly hungry – or are you eating out of boredom or from stress? Choose your snack wisely and keep it in the 100 – 150 calorie range.**

On average 20%-30% of our calories come from snacking – and about 75% of us snack! Chosen wisely, snacks can be a very healthy addition to our diet. Consider the following tips when choosing your next snack: Snack only when you're hungry; make snacking a conscious activity; eat a snack size portion – a typical snack should provide 100-150 calories; include foods from a variety of food groups; and last, but not least, plan ahead for smart snacking. Some healthy snack ideas include yogurt, cottage cheese, lean deli meats, fruits and vegetables, low fat milk, nuts, water packed tuna, instant oatmeal, unbuttered popcorn, or peanut butter. Keep in mind that it's all about variety, balance, and moderation!

## Weekly Physical Activity Challenge #2

**Take the Stairs - Most people can burn around 5 calories per minute walking downstairs and 15 calories per minute walking upstairs. Skip the elevator this week and take the stairs for 25 minutes each day for better health.**

Like last week's challenge, 25 minutes of taking the stairs may at first seem unmanageable. However, you will find that simply taking the stairs instead of the elevator can bring most people halfway to this goal. You can fit in more time by taking several 5 minute breaks throughout the day. Before you know it you will have burned 250 calories and set yourself on a path to lose 1 pound this week.

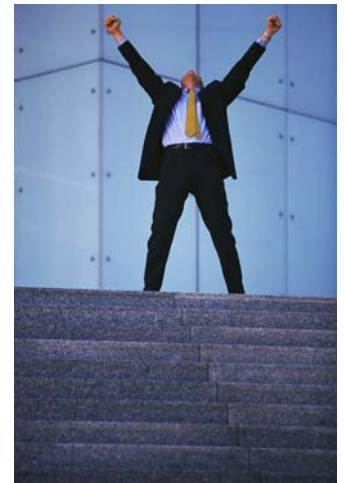
If you do not live or work in a building with stairs, you can find the same opportunity by:

- Going to a fitness center with a stair stepping machine
- Climbing your county courthouse steps
- Visiting an office building and climbing the stairs
- Stepping in place on a solid box at home

This is also a great time to make some environmental changes at your home or office to make taking the stairs more appealing.

- Be sure your stairs are well lit
- Post signs encouraging friends, family, and coworkers to take the stairs (Change these often to add interest)
- Make your stairs easy to find by indicating with signs when necessary

Communicate the weight loss benefits of taking the stairs to others.



### **Grab a Buddy!**

It is important that you have support for your efforts to lose 1 pound a week. So why not grab a buddy? A friend, spouse, coworker, or another family member can help make your lifestyle changes easier to adopt. Your buddy can provide moral support, motivation, friendship, company, and some occasional prodding.

**Ask someone you know to be your 10 in 10 buddy today!**

### **We Salute Our Featured Partners**

